

CONTENT OUTLINE FOR WILDERNESS FIRST AID

The following tables outline the topics and sub topics that will be addressed in each of the modules. *Please note that each module is outlined as an integral portion of a complete course.*

| MODULE: DAY 1: COURSE BASICS | |
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| Module Goal | To provide learners with an understanding of the reasoning's for an advanced wilderness first aid course, and to become proficient in using this skill. |
| Objectives | <p>Learners will be able to:</p> <ul style="list-style-type: none"> • Understand the difference between Wilderness first aid and Urban first aid • Understand all the legal components of leadership as it applies to first aid • Learn about how to prepare and plan for a remote program or trip • Understand the importance of their own health as a leader • Learn how to manage their own health in a remote setting • Understand how to plan for, react to and take action in an emergency situation |
| Topics and Sub-Topics | <ul style="list-style-type: none"> • Introduction <ul style="list-style-type: none"> • Canadian Red Cross • Why this course was developed • Urban First Aid vs Wilderness First Aid • Preparation and Planning <ul style="list-style-type: none"> • Preparing for and preventing emergencies • Understanding components of a pre-trip plan • Assessing skills and assets of group members and other guides • Documentation of planning and emergencies • Legalities of dealing with a death in a wilderness situation • Leadership duties, qualities and responsibilities • Your Health <ul style="list-style-type: none"> • Water decontamination • Basic hygiene especially in the wilderness • Infectious disease spreading and prevention • Preventing infection • Using barrier devices • Sleep and other aspects of a leaders health for self and group • P.L.A.N. <ul style="list-style-type: none"> • Scene surveys • Triage • Basic life support – checking and clearing • Moving ill or injured people • Signs & symptoms and treatment for shock • Secondary survey • Head to Toe check • Recovery position • How to make a plan |

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| | <ul style="list-style-type: none"> • Communication methods for accessing help • When to contact outside emergency help • Identifying who will be coming to help • What information to give to rescuers before they come • Responding to multiple casualty incidents |
| Activities | TBD |
| Time | Time estimate: 8:00 |
| Equipment | Manuals, guide log books, outdoor pens, Note Books |

| MODULE: DAY 2: EMERGENCY CARE | |
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| Module Goal | To provide learners with an ability to perform life saving skills at a basic and advanced level |
| Objectives | Learners will be able to: <ul style="list-style-type: none"> • Understand emergencies • Understand different types of emergencies • How to respond to an emergency • How to manage basic wound care • Prevention |
| Topics and Sub-Topics | <ul style="list-style-type: none"> • Airway Emergencies <ul style="list-style-type: none"> • Different Airway Emergencies • Identifying signs and symptoms of choking • First aid for mild and severe choking – adult, child & infant • First aid for unconscious choking – adult, child & infant • First aid for choking people who are large, pregnant or unable to stand • Making appropriate decisions during a choking emergency • How to determine a plan for an airway emergency • Breathing Emergencies <ul style="list-style-type: none"> • Respiratory distress • Respiratory arrest • Hyperventilation • Asthma • Allergies • Anaphylaxis • Smoke Inhalation • Pneumonia • Using and inhaler • Using an epinephrine auto-injector • Determining a plan for a breathing emergency • Circulation Emergencies <ul style="list-style-type: none"> • Preventing circulation emergencies • Identifying risk factors • Heart attack |

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| | <ul style="list-style-type: none"> • Angina • Cardiac arrest • AED – wilderness and urban • Stroke • TIA • Deadly bleeding – internal • Deadly bleeding – external • Tourniquets • Pressure points • Determining a plan for circulation emergencies • First Aid for Respiratory and Cardiac Arrest • Water decontamination • Basic hygiene especially in the wilderness • Infectious disease spreading and prevention • Preventing infection • Using barrier devices • Sleep and other aspects of a leaders health for self and group |
| Activities | Various scenarios |
| Time | Time estimate: 8:00 |
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